



Director's Notes: Monday, October 23rd, 2023

Phone: (202) 333-1327

fbwe.helpfulvillage.com

Executive Director: Denise Snyder

NEW YEAR

Most people think of the New Year as January 1st when the calendar turns over. For many organizations, the Village included, the New Year starts on October 1st.



As we turn to Fiscal Year 24 (10/1/23 – 9/30/24) we are thinking about our priorities for this year. The key priority will be outreach for the purposes of reaching new members who can benefit from participation in the Village and recruitment of new volunteers. This is a priority that will need all of you to help make happen.

Experience shows that word of mouth is the best way to identify new members. If you're enjoying the programs offered by the village, the opportunities to meet new people and build new relationships, and/or the services you receive through the Village, tell someone. Tell lots of people – on multiple occasions. Remember, you get a free month of membership in the Village yourself for every new member you recruit!

You'll be hearing about various activities over the coming year to help us

increase awareness of the FBWE Village in our neighborhood and we hope you'll participate in some like hosting a reception in your building for folks who may be interested. Or helping to staff an information table at the Farmer's Market. Perhaps you may be willing to post information on your building's bulletin board or newsletter. Or maybe you could ask a business you frequent to display a small poster about the Village.

The point is, we are now moving into our second decade of working for our community and we want to make sure we are doing the best we can do for everyone who can benefit from our efforts. And YOU can play an important role in making that happen!

-Denise

In Memoriam

Village member Daniel Stevenel passed away on October 4th. He had been a member since 2015. He passed away shortly after his 101st birthday. He will be missed by many.

HAPPY BIRTHDAY!

This week we are wishing a very Happy Birthday to one special person!

- Beau Kaplan- October 23rd



PROGRAMS



FBWEV Women's Lunch at Ris

Wednesday, October 25th, at 12:30 PM NOTE
EARLIER START TIME
At Ris Restaurant, 2275 L St NW

We'll now be gathering every month at Ris with great food, a quiet place to talk, and very accommodating staff.

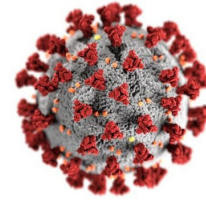
Cost: Each participant is responsible for the cost of her own lunch. Separate checks will be provided for everyone. The reservation is under the name FBWE Village.

Registration required. [Click here to register](#). Please register by Monday, October 23rd, if you plan to attend.

STATE OF COVID CURRENT

EVENTS DISCUSSION

Thursday, November 2nd at 11:00 AM on Zoom



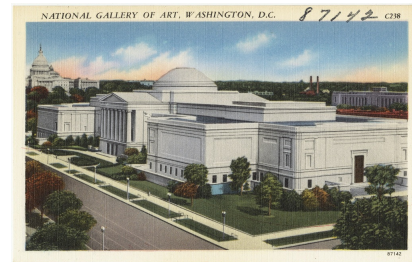
As the Village enters the fall of 2023, the COVID-19 Virus is still in the news.

Join a Currents Events discussion on Thursday, November 2nd at 11:00 am by ZOOM to learn about the latest public health recommendations on how to protect yourself and your family as we enter the time of year when respiratory viruses become more frequent.

Bill Kincaid will talk about the latest in masking, shots, testing, and long Covid.

[Click here to register for the discussion](#)

**National Gallery of Art -
American Collection Tour**
Thursday, November 2nd, at 2:00 p.m.
At National Gallery of Art – West Building,
Main Floor Rotunda



When the National Gallery of Art's West Building opened in 1941, the American collection was the smallest in the museum. Now, it is the largest. What happened and why?

Join NGA docent Sheridan Strickland for a private FBWE Village tour that will explain this transformation. Highlighting paintings depicting great moments in American history, the tour will start just after the American Revolution, and end in 1910. Why did most American collectors not buy works by American artists? Who was an exception to that rule? What category of American art finally convinced European art critics that, just maybe, American artists could paint masterpieces? When did the most recent painting by an American female artist join the collection----and why did it take so long? Join us for a lively discussion of the NGA's American collection.

MEET Sheridan on the Main Floor Rotunda at the tour sign. Sheridan will be there to greet you, wearing her ID badge and name tag.

Cost: None. Registration Required. [Please click here to register.](#)

NOVEMBER HAPPY HOUR
Thursday, November 9th, from 5:00
PM to 6:30 PM
At Ris Restaurant, 2275 L St NW

Join us for our popular Village happy hour!



[Click here to register.](#) Please register by Monday, November 6th at 5:00 pm.

Fall GWU Older Adult Exercise Program

Mondays and Wednesdays from 12:00 PM-12:50 PM

Ends December 13th (no class on November 20 & 22)

Where: Room B112A (basement), Milken Institute School of Public Health, 950 New Hampshire Avenue, N.W.



Monday classes focus on movement and Wednesdays are devoted to exercise.

A GWorld Card is required to enter the building. For information on how to obtain a GWorld card, [click here](#).

Who: Angela Ingram, Instructor, Department of Exercise and Nutrition Sciences, [for instructor's bio click here](#).

Participants should provide the instructor with a completed class waiver form and Participant Health/Exercise Profile form on your first day. For forms, [click here](#).

Cost: Free to members, Village liaison: Nadia Taran. For questions/information: nadiataran@mindspring.com

AFFINITY GROUPS

Foggy Bottom-West End Village Strength and Stability Yoga – November classes

This standing/chair yoga class allows you the choice of practicing entirely in your chair or practicing with optional floor poses and standing poses where the chair can be used for support, if desired. The class will provide you with opportunities to improve your strength, balance, flexibility, and mobility, as well as practice breathwork and short meditations. This class is perfect for those who have been cleared by medical professionals to exercise but want a gentler practice, have no yoga experience, or have practiced yoga but need poses adjusted to account for injuries and/or mobility challenges. This class is taught by Delores Simmons, RYT-200 (Registered Yoga Teacher, 200 training hours), who has extensive training and experience



working with persons of varying ages, abilities, sizes and experience levels.

Classes will start Wednesday, November 1st The November series will be 4 sessions; November 1, 8, 15, and 29 (no class November 22, the day before Thanksgiving), at 10:30am. The cost is dependent on the number of people who sign up. If there are 10 people in the class, the cost will be \$50 per person for November. If there are fewer people, then the cost will be higher. The class will be held at St. Paul's Parish, 2430 K Street, NW. *The Deadline for signing up is Sunday, October 29th*

Contact Karen Hamrick, kshamrick@verizon.net, for more information and to sign up.

JOIN THE FBWEV BOOK GROUP

We hope you will join the group for upcoming discussions. Discussions are held the first Wednesday of every month at 2:00pm in the West End Library. All are welcome to attend!

The book group is soliciting book recommendations from all Village members. Recommended books will be reviewed by the regular members of the book group, and if accepted will be added to the book list with a date for discussion. The person recommending the book will be asked to attend the meeting on which the book is scheduled as a guest book group member, and lead the group discussion of the book.

Upcoming books are listed below.

- November 1st: "Homage to Catalonia" by George Orwell
- December 6th: "The Wind Knows My Name" by Isabel Allende
- February 7th: All the Beauty in the World by Patrick Bringley

Contact: Adele Gottfried at agphd2@gmail.com with your book suggestions and if you have questions about the book group.

MONDAYS

Spanish Conversation Group at 5:00 pm (varies, contact for more info)
Meets at 1099 22nd St NW, Apartment 1007 (contact for more information)

Contact: Anna Chisman at achisman1@verizon.net or (202) 452-1996

TUESDAYS

COFFEE & COMPANY at 10:00 am (weekly)
Meets at Bread and Chocolate at 2301 M St NW (contact for more information)

Contact: Marianne Taylor at taylmarianne@yahoo.com

CAREGIVER'S SUPPORT GROUP (1st and 3rd Tue.) at 1:00 pm

Online via Zoom (contact for more information)
Contact: Phyllis Kramer at pfkramer38@gmail.com

WEDNESDAYS

STANDING/ CHAIR YOGA GROUP at 10:30 am (weekly)
Meets in the dining room of St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Karen Hamrick at kshamrick@verizon.net

WOMEN'S LUNCH AT RIS (4th Wed) at 12:30 pm

Meets at At Ris Restaurant, 2275 L St NW

Contact: Janet Farbstein at jgfarbstein@icloud.com

BOOK DISCUSSION GROUP (1st Wed) at 2:00 pm

Meets at West End Library (contact for more information)

Contact: Adele Gottfried at agphd2@gmail.com

FRENCH CONVERSATION GROUP (changing Weds) at 5:00 pm

Location Changes (contact for more information)

Contact: Sally Willis at sally.willis@yahoo.com

THURSDAYS

WALKIE TALKIES at 9:00 am (weekly)

Meets in Washington Circle at the Statue (contact for more information)

Contact: Lorna Grenadier at lgrenadier@gmail.com

GUYS ONLY AT LUNCH (GOAL) (3rd Thu) at 12:30 pm

Various locations (contact for more information)

Contact: Trev Neve at tneve@rcn.com

FRIDAYS

FIRST FRIDAY FILLAGERS (1st Fri) at 11:30 am

Meets in the Dining Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: CB Wooldridge at cbwould2003@yahoo.com

ESSENTIALS OF TAI CHI AND QIGONG (weekly) at 12:00 pm

Meets in the atrium of St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Ann Franke at AnnFranke@wiseresults.net

MEDITATION GROUP (weekly) at 3:00 pm

Meets in the Undercroft Room at St. Paul's Church, 2430 K St NW (contact for more information)

Contact: Lucia Pollock at 202-716-7401 or luciapollock@yahoo.com.

A BIT OF HUMOR

Pics - You Only Had One Job To Do!



OTHER PIECES



Friends of GW

We are excited to offer our neighbors access to a variety of world-class events and cultural programs at the George Washington University.

We invite you to take advantage and explore the opportunities.

GWORLD COMMUNITY CARD PROGRAM

The Friends of GW, GWorld Community Card Program will serve as neighbors' identification card and give access to the GW campus and selected community benefits – including Gelman Library, Lerner Health and Wellness Center, Course Audit opportunities, & more!

SUBSCRIBE TO OUR NEWSLETTER
go.gwu.edu/foggybottomsignup


VISIT OUR WEBSITE TO LEARN MORE
neighborhood.gwu.edu/benefits

RULES AND RESTRICTIONS:

- Foggy Bottom neighbors who reside in **zip codes 20037 or 20006** are eligible to apply for a Friends of GW GWorld Card at the **GWorld Card Office (800 21st St NW, G05)**.
- Proof of residency is a D.C.-issued Driver's License or DC Non-Driver ID Card.
- If you do not have either, you **MUST apply online** with a recent **D.C. utility bill (electric, gas, water, cable) no older than 1 month**, displaying your name and D.C. address.
- There is an **initial card fee of \$15.00** due at the time of processing. The GWorld Office **only accepts debit and credit** payments. Card holders must be 18 or older.

Visit neighborhood.gwu.edu or contact OGCR (**202-994-9132 | ogcr@gwu.edu**) with any questions.


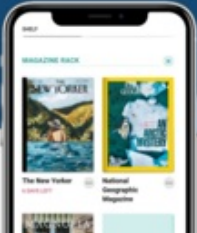

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ALERT!

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 - **Streamlined access:** Instead of appearing alongside ebook and audiobook loans, magazines now appear on a new dedicated section of a user's Shelf called the Magazine Rack. From the Magazine Rack, users can access the latest issue of their magazine subscriptions and any other issues they choose to keep. This helps users find their favorite magazines from the library in one convenient place.
 - **Improved discovery:** From their Magazine Rack, users can navigate to the library's Newsstand, a new view of a user's recently opened issues and other popular magazine titles in your collection.
 - **Easier subscriptions:** Users can subscribe to magazines from your library via a new, convenient Subscribe button that appears in search results, on magazine details screens, and in the Newsstand.
- When a new issue is released:**
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The YMCA offers free in-person and virtual classes from Monday-Saturday from 8 am-5 pm. These classes range from high-energy aqua aerobics and tai chi to low-intensity yoga and strength resistance. Their in-person classes are located at various DC Department of Aging and Community Living and DC Department of Parks & Recreation sites, while our virtual classes are offered through Zoom.

They will also host a once-a-week virtual fitness class called Strength Over Stroke starting on Wednesday, November 1st. The Strength Over Stroke program is to help rehabilitate individuals who have received little to no rehabilitation to manage the injuries and/or impairments that followed their medical emergency.

Lastly, our program also encourages social engagement with both virtual and in-person events. Examples of our past events include after-hour games, a senior spelling bee, as well as intergenerational activities to name a few.

[Click here to register for Fit & Well Senior programs](#). Once registered, participants will be sent a “personal interactive passport” that will offer them accessibility to the Y’s virtual classes, and the opportunity to stay updated on schedules, upcoming events, and programming.

Dr. Janson Class Available on YouTube

Dr. Janson Fall health session was held on zoom earlier this month. It is now available to watch on YouTube. [Click here to watch the class](#). This session covers 2 aspects. Dr. Janson demonstrates exercises that can reduce hip pain/discomfort and discusses how hip problems can originate from other areas, such as the low back or sacroiliac joint.

IN THE COMMUNITY

GW Textile Museum

The Textile Museum at 21st and H (701 21st St) currently has a show of handstitched American quilts that runs through December 23rd. There are 18 special quilts from the collection of the American Folk Art Museum in NYC. Examples range from traditional early-American quilts to contemporary sculptural assemblages. Visitors are also invited to contribute work to a DC places community quilt.



Among the diverse examples on display are a dazzling, improvisational star quilt created in 1977 by Alabama-based quiltmaker Nora McKeown Ezell (1917-2007), and a 19th-century Soldier's Quilt made from wool fabric used in the production of military uniforms. Contemporary highlights include a work by Afro-Creole artist Jean-Marcel St. Jacques, whose wooden quilts give new life to the remnants of Hurricane Katrina.

The museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. It is wheelchair accessible. The museum is free, but a voluntary donation of \$8 is suggested for non-members. For other exhibitions now at the Museum see: museum.gwu.edu/exhibitions

Notorious RBG: the Life and Times of Ruth Bader Ginsburg At the Capital Jewish Museum, 575 3rd St NW Through November 30

Through archival photographs and documents, contemporary art, media stations, and playful interactives, the exhibition tells the parallel stories of RBG's remarkable career and the efforts she joined to expand "We the People" to include those long left out of the Constitution's promises.



Tickets: \$12 Adults; \$10 for ages 65+
Open: Wednesday – 11:00 a.m. – 8:00 p.m.; Thursday – Sunday -11:00 a.m. – 6:00 p.m.
Closed: Thanksgiving Day.

[Click here for more info on the Capital Jewish Museum.](#)

Around Town DC Monday Movie Nights

Mondays, at 7:00 PM on Zoom



Do you dream of buying popcorn at the Avelon or looking down from the balcony at the Uptown with the ole gang again? In this Zoom class, you bring the snacks and I bring the friends. Each week dozens of people view the film and then talk or listen to lively and informative discussions. After registering you'll receive an email announcing and describing the movie of the week. The class begins at 7:00 PM, the movie ends around 9:00 PM, and the discussion ends at 9:30.

Topher Bellavia brings his experience as an award-winning stage and film actor, writer, director, and producer; his performances in storytelling, dancing, singing, and talk-show hosting; and his experience as a speechwriter, creative designer, web content writer, multi-media marketing designer, grant writer, and creative director to help guide discussions and illuminate the creative process behind the artistry of cinema.

[Click here to register](#)

Virtual Zumba Gold with Ruth Barnes **Tuesdays at 11:00 am on Zoom**

A fun and dynamic dance exercise class. The class introduces easy-to-follow Zumba moves at a lower intensity designed for older adults. Enjoy Latin-inspired movements that provide a great aerobic workout while also focusing on balance, range of motion and coordination! [Click here to register.](#)



Holiday Shopping Opportunity

The World Bank is hosting it's annual arts and crafts fair on November 7, 8, and 9 (10 am – 5 pm). The market will be in the lobby of their headquarters at 1818 H St NW, [Click here for additional information.](#)

Community Shred Event

At New Hampshire and I Streets NW
Saturday, November 11th from 10 am – 1
pm



A hearty thank you to the Foggy Bottom Association and Sally Charnovitz of Long and Foster for their sponsorship. If any Village member needs help getting papers to the shredder please call or email the office and we can provide transportation. We can also collect items from you and drop them off to be shredded at the event. (info@fbwevillage.org or call 202-333-1327)

Humanities DC And IN Series presents the Shakespeare Everywhere Festival Scholar in Residence Lecture Series October 23-November 16



Join the discussions and talks hosted by the festival's inaugural Scholar in Residence, distinguished Shakespeare critic and scholar Marjorie Garber, William R. Kenan, Jr. Research Professor of English and of Visual and Environmental Studies at Harvard University. These events are free, open to the public, and will be held at locations all across the city.

SPACE IS LIMITED - RESERVE TICKETS HERE You can also find more info on each individual lecture at the link.

- Shakespeare's Timeliness, Monday, October 23, 7:30pm - THEATRE J
- Keeping Time: Music, Mood and Shakespeare's Duke of Jazz, Tuesday, October 24 7:30 - TRUE REFORMER BUILDING
- Time to Talk: About Shakespeare a discussion with, Wednesday, October 25 - ASPEN INSTITUTE 5:00pm
- Untimeliness: The Brief Lives—and Long Afterlives—of Romeo and Juliet, Wednesday, November 15 - STC FORUM - 7:30pm
- End Times: Closure and Disclosure in King Lear, Thursday, November 16 6:00pm - Library of Congress

ROSE THEATER'S 2023/24 SEASON- Celebrating 17 Years of Developing Stageworthy Plays



Tues. Oct. 24 | Arts Club of Washington: TINKER'S
DAMN By Jessie Seigel

A newly imagined second draft of this audience favorite returns to the New Play Reading Series. Featuring performances by Raven Bonniwell,

Jim Brady, Ray Ficca, Rick Foucheux, Christopher Lane, Chris Stezin and Richard C. Washer.

Tues. Nov. 14 | Arts Club of Washington: THE SECRET LIFE (Brought to You by Ride Detergent), a Comedy (until it's not) in Two Acts, by Allyson Currin

Featuring performances by Tonya Beckman, Jim Brady, Ricardo Frederick Evans, Ray Ficca, Melissa Flaim, Christopher Lane and Chris Stezin.

SAVE YOUR SEAT, Reservations Strongly Encouraged. [Click here for more info on the shows and to reserve a seat.](#)

WAVE Shared Calendar of Village Events



The Washington Area Villages Exchange shared calendar contains a number of interesting upcoming community programs. They are all free and open to the wider village community. The Shared Calendar is available at wavevillages.org/sharedevents.

You also might have interest in upcoming Village to Village Network programs. [You can find the full VtoV calendar on their website here](#). Please contact the office if you would like to register for any VtoV event.

How to Register for Village Programs

Village programs and events will generally be announced only in the weekly Director's Notes, published on Monday morning.

- To register, first make sure you are logged into your account on the Village website. From the listing at the end of each program invite, click on the link.
 - Then click the **REGISTER FOR THIS EVENT** button and follow the prompts.
 - Finally, click **REGISTER FOR THIS EVENT AGAIN ON THE NEXT PAGE**.
 - **You will receive an event confirmation email.** If you do not get this email, you are not registered. Please call the Village office at (202) 333-1327 and someone will be happy to help.
 - **For some programs, you will use a personal email to register. Just email the person listed and let them know you plan to attend.**
 - If you have any problems with registering for an event online, please call the Village office at (202) 333-1327 and someone will be able to register you for the event.
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Foggy Bottom West End Village
2430 K Street NW
(202) 333-1327

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